

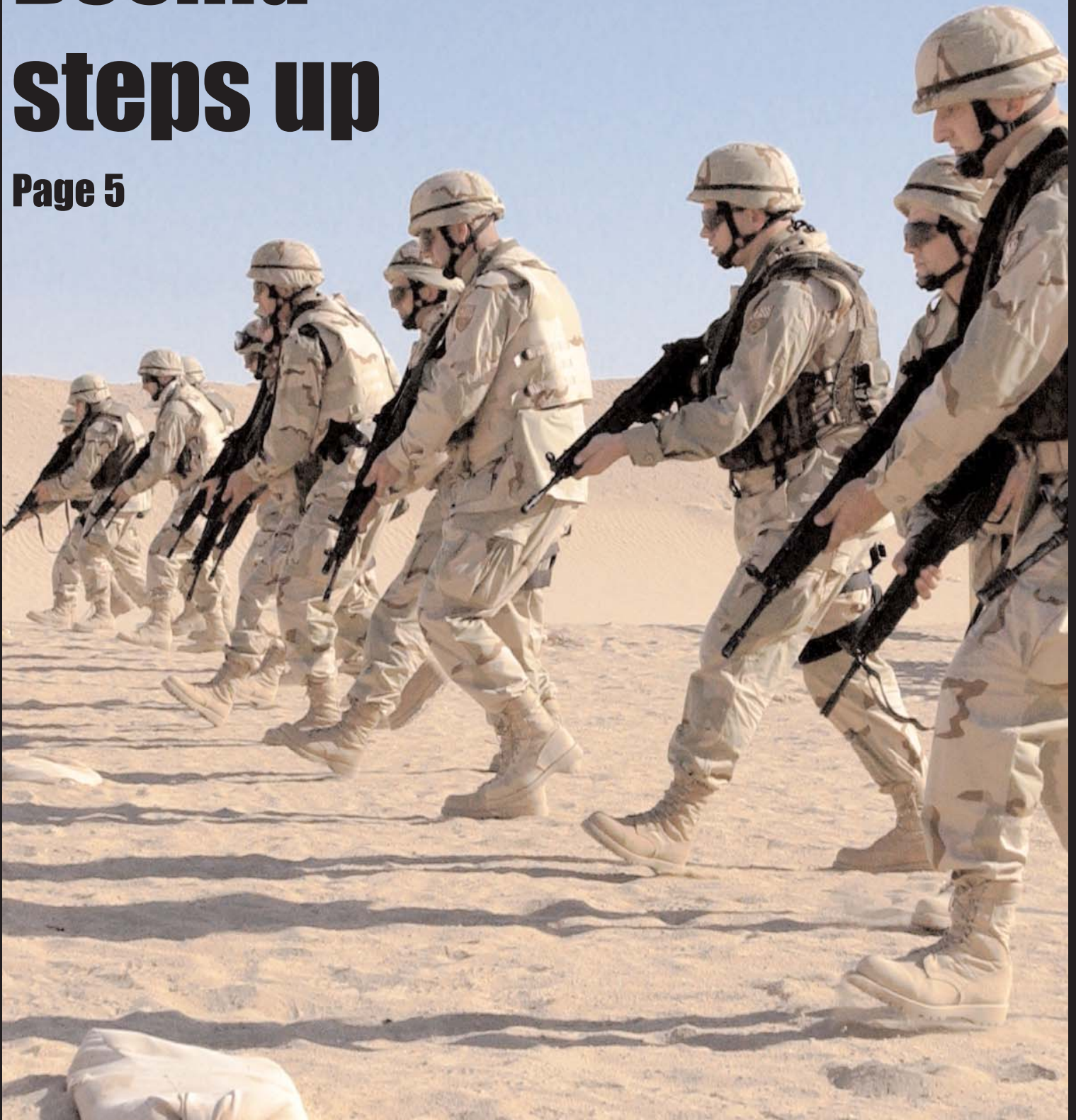
# DESERT VOICE

December 7, 2005

Serving the U.S. and Coalition Forces in Kuwait

## Bosnia steps up

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# DESERT VOICE

Volume 27, Issue 20

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### On the cover

*Sgt. Kara Greene*

Bosnian troops line up to practice firing at targets in preparation of their deployment to Iraq in support of Operation Iraqi Freedom.



# Leadership offers support system for troops

**Lt. Gen. R. Steven**

**Whitcomb**

**CFLCC Commanding General**

Although times may get tough this holiday season, troops must remember that their leadership and the noncommissioned officer corps are always there to support them at all times with any problem or situation.

Sometimes the circumstances we confront in our daily lives present both personal and professional challenges and we must make decisions to act or not act.

How we respond defines who we are, impacts those around us and influences our environment in a positive or negative manner. During deployments and in times of war the nature and impact of these actions tend to be magnified. And it is during these times our Soldiers look to their leaders for direction, guidance and the support needed to do what is right. Soldiers expect leaders and the chain of command to exercise leadership and treat Soldiers with dignity, respect, fairness and consistency. Our Soldiers deserve nothing less.

Your chain of command or

noncommissioned officer support channel are our primary way to address concerns, solve problems and take care of the troops. But what happens when, after going through your chain of command, expectations are not met, Soldiers sense leaders won't act upon a problem, feel they won't be taken seriously or believe or fear retribution if they do what is considered right? Soldiers in this situation are not left to fend for themselves and these circumstances do not provide justification for failing to take action or do what is expected as a Soldier. Our Army provides other avenues each and every Soldier can take to ensure their issues are addressed.

Members of our Chaplain's Office, Office of the Staff Judge Advocate, Equal Opportunity Office, and the Inspector General Office serve as confidential extensions of the chain of command. These officers and NCOs provide confidential outlets for Soldiers to discuss their issue. Each of these agencies provides channels for issue resolution when an alternative to the chain of command is perceived as nec-

essary. These activities provide Soldiers direct assistance or get them in contact with individuals or organizations perhaps more suited to providing assistance. They may also serve as a tool to assist Soldiers with communicating concerns to the chain of command in a confidential manner.

As I stated above and want to make perfectly clear, the chain of command and the noncommissioned officer support channel remain the primary and optimum way to address the needs of our troops. These "chains" provide the leadership our Soldiers must be able to rely on in time of personal and professional stress and the tough challenges we face and these "chains" work! Our leaders are charged with living by and employing our Army values of duty, respect, honor and integrity when taking care of their Soldiers. Their duties go beyond carrying out assigned tasks. It includes fulfilling our obligations and responsibilities as leaders.

Soldiers and leaders must live and practice the Army values in every aspect of their lives. Our Army's values set the conditions



**Lt. Gen. R. Steven Whitcomb**

and provide the framework that permits Soldiers to do the right thing without fear of retribution and with confidence they will have the support of their leaders. Finally, leaders must have the integrity and fortitude to do what's right legally, morally and in the absence of clear guidance or in the face of adversity. Our Soldiers deserve it and I expect leaders to deliver it.

I ask that each of you remain committed to your fellow Soldiers and demonstrate excellence on a daily basis as you execute your duties – PATTON'S OWN.

## ***The Army Values***

**Loyalty** - Bear true faith and allegiance to the U.S. constitution, the Army, and other soldiers. Be loyal to the nation and its heritage.

**Duty** - Fulfill your obligations. Accept responsibility for your own actions and those entrusted to your care. Find opportunities to improve oneself for the good of the group.

**Respect** - Rely upon the golden rule. How you consider others reflects upon each of you, both personally and as a professional organization.

**Selfless Service** - Put the welfare of the nation, the Army and your subordinates before your own. Selfless service leads to organizational teamwork and encompasses discipline, self-control and faith in the system.

**Honor** - Live up to all the Army values. It starts with being honest with ones self and being truthful and sincere in all of your actions.

**Integrity** - Do what is right, legally and morally. Be willing to do what is right even when no one is looking.

**Personal Courage** - Your ability to face fear, danger, or adversity, both physical and moral courage.

# Audie Murphy Club inducts NCOs

**Spc. Janine Coogler**  
CFLCC PAO/11th PAD

Exemplifying loyalty, selfless service and personal courage, Sgt. Audie Murphy made a name for himself on the battlefields of World War II.

He earned nearly every medal of valor the United States awards, including the Medal of Honor.

It is no wonder the club that holds his namesake is one of the most prestigious non-commissioned officer clubs.

The club honors NCOs who exemplify leadership characterized by concern for the needs, training, development and welfare of Soldiers.

The induction of NCOs into the club does not stop because Soldiers are in combat zones.

Six NCOs from camps in Kuwait were inducted into the Sgt. Audie Murphy Club at Camp Arifjan's Zone 1 chapel Nov. 15.

The induction ceremony is important because it is a part of military tradition and makes the inductees understand the importance of their accomplishments, said Command Sgt. Maj. Ray Middleton, Area Support Group-Kuwait command sergeant major.

The NCOs have to pass a series of three boards: battalion, brigade and final selection. Besides having to know the NCO creed and

Warriors Ethos verbatim, during the boards the NCOs are asked a series of leadership-based situational questions.

Preparation for such boards are critical in order to excel at the boards, said Sgt. 1st Class Nicola Ford, ASG-Kuwait Sgt. Audie Murphy Club president.

"That is the reason we have study groups for NCOs preparing for the boards," she explained.

Middleton said, their motivation to excel in their military jobs as well as excel as an NCO created a great example for young Soldiers to follow.

The inductees were introduced to the audience by one of their Soldiers. Each Soldier gave an explanation of why their NCO deserved the honor of being in the Sgt. Audie Murphy Club.

Sgt. Anthony Bridgeforth, 18th Soldier Support Group, said his NCO, Staff Sgt. Jamail McGlone, was a leader through words and actions.

"He never hesitated to do anything for his Soldiers," he said.

The ASG-Kuwait chapter of the Audie Murphy Club inducts NCOs throughout theater.

"This is a great accomplishment for me, I normally wouldn't get the opportunity to be in the club because I am a Reservist," said

Staff Sgt. Kelliann Davitt, Coalition Land Forces Component Command operations NCO.

Command Sgt. Maj. Ray Lane, 160th Signal Brigade command sergeant major, said it is extremely important for

NCOs to make the extra effort to continue the proud traditions and development of the NCO corps.

"Help young soldiers, push them forward and train them to follow in your footsteps," he said.

In addition to helping Soldiers Ford said, club members volunteer for various functions throughout the theater.

"It is different in a deployed environment, but we help in events like 5-k runs and track meets," he said.

In a non-deployed environment, club members have a variety of functions to help Soldiers and their families.

Besides medals from the United States, Murphy was presented decorations by France and Belgium. He also earned a battlefield commission to lieutenant for his courage and leadership.

Murphy's actions set standards for excellence, the NCOs inducted into the club represent the cream of the crop, Middleton said.

He added, "They will be the symbol of great leadership in their unit."

**"Help young soldiers, push them forward and train them to follow in your footsteps."**

*Command Sgt. Maj. Ray Lane*

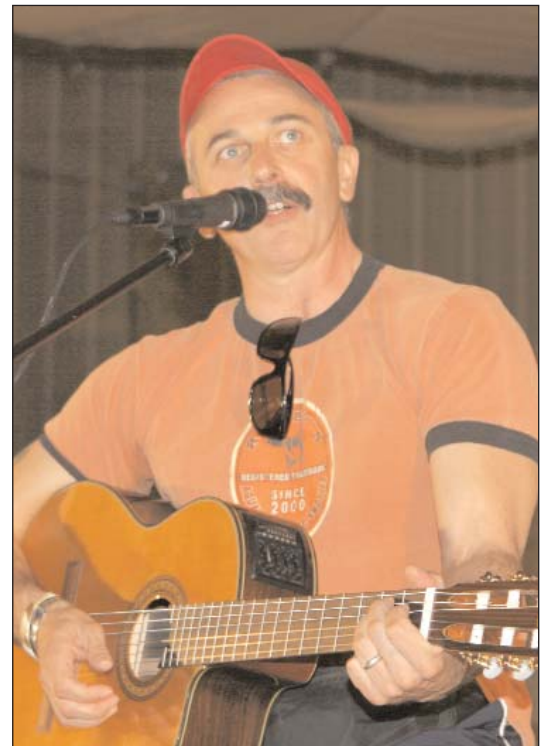
## American tribute



*Photos by Spc. Debralee P. Crankshaw*

(Top) A crowd watches Aaron Tippin, country music star, at Camp Arifjan's Zone 6 stage Nov. 22.

(Right) Tippin performs some of his country music hits. He has performed for troops since 1990.







Sgt. Kara Greene

Bosnian troops practice close-quarters marksmanship at Udairi Range in preparation for the deployment to Iraq.

# TF Gator works with Coalition Forces

**Spc. Janine Coogler**  
CFLCC PAO/11th PAD

A portion of Camp Virginia could be considered Coalition Land. If you observe your surroundings, the majority of the time you will hear foreign languages and see troops in military uniforms of various Coalition Forces.

Virginia is the transition point where Coalition Forces go to get equipment and prepare for training before movement to Iraq.

With 28 coalition countries contributing to Operation Iraqi Freedom, coordinating all their equipment, training and various needs can become a huge mission.

Task Force Gator took on the mission to assist in the needs of the various Coalition Forces.

In one of its largest training activities, TF Gator began to use all its resources Dec. 1, to implement the support requirements for Korea, Macedonia, Georgia and Bosnia armies.

That day TF Gator provided assistance in movement and training for more than 1,000 coalition troops.

"The Macedonians arrived in country early this morning and within a matter of hours we were escorting them to Iraq," said Maj. Bradley Errington, TF Gator operations and executive officer.

At the same time, TF Gator had to provide transportation, conduct and assist with training the Georgian and Bosnian troops, while assisting Koreans with its exchange of troops.

Before each country's rotation, the country's liaison officer discusses the support requirements with a TF Gator Coalition country officer, Errington said.

Once the support requirements have been established, TF Gator works hard to coordinate for the movement of equipment, the delivery of equipment, specific training and movement of troops to Iraq.

"Some Coalition partners only require assistance for movement to Iraq, while others need more extensive support," Errington said.

When countries like Georgia and Bosnia ask for training, TF Gator coordinates the days for training at Udairi Range and various briefings.



Spc. Janine Coogler

**Georgian Col. Mikheil Sadunishvili, country liaison officer speaks to the 11th Battalion after they arrive to Camp Virginia.**

Some of the briefings given to the Coalition troops are rules of engagement, cultural awareness and detaining civilians. Other training includes driver's training on various military vehicles, convoy operations, reaction drills, land navigation and shooting on the range.

The training provides the troops an opportunity to focus on their missions and become better familiarized with their weapons, said Georgian Maj. Mikheil Quljanishvili, assistant liaison officer.

In Iraq, the Georgians have the responsibility of securing two forward operation bases, he said.

"Our soldiers work with the U.S. military to watch the check points and security towers," Quljanishvili added.

Because training the Coalition troops is an important task, TF Gator has to ensure that the troops have proper equipment to conduct their task.

Giving Coalition troops quality support to accomplish their missions in Iraq keeps TF Gator and Coalition Land busy.

With early flights to and from Iraq and late training days at the range, TF Gator contributions to the OIF can be seen through the successful missions of the various Coalition Forces.

# K-9 dogs brings bite to military police

**Spc. Debralee P. Crankshaw**  
CFLCC PAO/11th PAD

One group of servicemembers at Camp Arifjan has its own furry personal compan-

ions, but they aren't for personal use. They are an integral part of force protection.

The Area Support Group-Kuwait, Provost Marshals office, K-9 section mission is to assist in force protection and VIP missions.

It is also responsible for health and welfare inspections and assisting customs.

K-9 explosive dogs and their handlers focus on force protection by conducting searches throughout the camp including those at the entry control points and random anti-terrorism searches for high-risk targets and mission-essential vital areas.

"It's important to detect possible explosives or explosive components to protect the health and welfare of the Soldiers, civilians and the installation," said Staff Sgt. Dale E. Bowen, patrol explosive-detector dog handler.

The narcotic pairs assist unit commanders in conducting health and welfare inspections and assist customs in finding contraband.

"The biggest importance is as a visual deterrent — people knowing that we have the capabilities to find contraband," said Sgt. Toby Struebing, narcotics-detector dog handler.

He added, "It's a safety thing. You can't have people driving around on their mission on narcotics."

The dogs are trained to spot certain scents.

When those scents are picked up the dog will sit to alert their handler they found something. The explosives dogs are able to detect numerous explosive components.

The narcotics dogs are able to pick up on scents including marijuana, cocaine, heroine and other narcotics and their derivatives.

The dogs are ideal for these missions because they have such a keen sense of smell.



*Photos by Spc. Debralee P. Crankshaw*

(Above) Air Force Staff Sgt. Joshua New, patrol explosive-detector dog handler, restrains his dog, Nero, during training.

(Right) Explosives dog Robby jumps a barrier in the obstacle course at the kennels. The obstacle course is used for exercise and training of the dogs.





“The way it was explained to me was with a Big Mac,” Bowen said.

“When we smell a Big Mac, we smell a Big Mac but when a dog smells a Big Mac he smells everything – the bread, meat, secret sauce, lettuce, tomatoes, pickles – individually,” he said.

The focus here is mainly detection work. At home station the dogs and their handlers trade off between detection and patrol work. Training is done here to keep them proficient in both areas.

Dogs and their handlers are required to complete a minimum of 16 hours of training a month, approximately four hours a week, in both detection and patrol work.

Explosives dogs are required to have a 95 percent find rate and narcotics must have a 90 percent rate, according to Bowen.

Each handler is responsible for their own dog. The only things that can be delegated to another handler is feeding and cleaning up after the dog.

According to Bowen and Staff Sgt. Patrick Hahnlen, kennel master, the care of the dog is the most important part of being a handler.

Hahnlen said he thinks this care is essential to building a bond with the dog.

“If you don’t have a bond with your dog there are a few things that will happen,” he said.

He added, “The dog won’t trust you, you won’t trust your dog.”

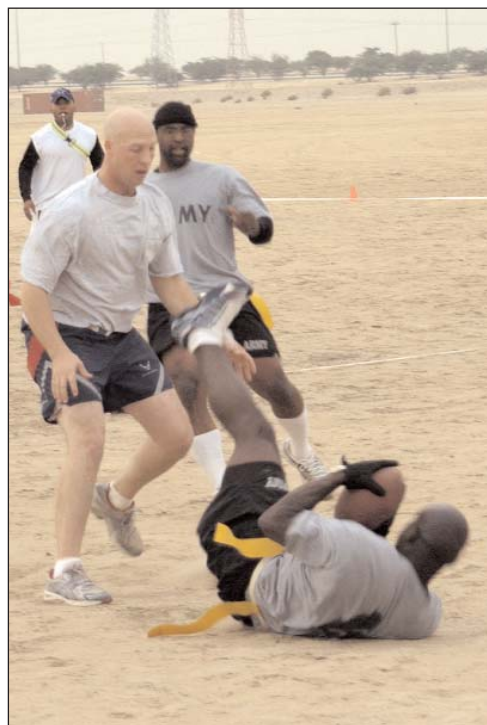


(Above) Zita attacks a Soldier in the bite suit during training at the kennels. The dogs are trained to bite and hold a suspect until the handler can obtain custody of the person. The handlers and dogs are required to train in detection and patrol work, including biting, at least four hours a week.

(Right) Staff Sgt. Dale E. Bowen, patrol explosive-detector dog handler, points for his dog, Robby, to check for explosives on that portion of the vehicle.



Robby inspects a vehicle for explosives at an entry control point. The dogs are used as a force protection asset to ensure explosive materials are not taken on the installation.



Photos by Spc. Michael R. Noggle

An Outlaw's wide receiver catches a pass during the Victory flag football tournament Nov. 20. The 403rd CTC Outlaws won the tournament against mostly other redeploying teams days before heading back to the United States.

# Outlaws leave victorious

## *Redeploying Soldiers fight for Victory flag football title*

**Spc. Robert Adams**

Assistant Editor

A 60-yard dash down the sideline by running back James Johnson was all the 403rd Cargo Transfer Company "Outlaws" needed to defeat the 183rd Maintenance Group 13-7 during the Camp Victory flag football championship game Nov. 20.

"This is controlled violence," said Lt. Frank Mulder, Morale, Welfare and Recreation officer in charge, as 11 teams made up of mostly redeploying units from Iraq went to battle one last time in the double-elimination tournament held on the dusty Victory football fields.

The 403rd CTC, an active-duty unit from Fort Bragg, N.C., added this football title to two previous flag football championships they won in Iraq.

The team has been able to play football with each other during its deployment when they had a break from the supply mission at Baghdad International Airport and Sather Air Base in Iraq.

"We seemed to develop as a team and improve as we continued to play games together," said Quinton Jones, Outlaw's center.

The Outlaws swept through the early rounds of the Victory tournament using speed and throwing accuracy to their advantage.

"We had success running the ball, using the play-action pass, good quarterback decisions and great defense," said Corey Austin, Outlaw's linebacker and tight end.

The 183rd Maintenance Group, an active-duty unit from Fort Carson, Co., had a chance to win the tournament as quarterback Brandon Tow moved the ball down field.

However, Tow threw an interception in the closing seconds sealing the victory for the Outlaws.

Other teams like Company C, 2nd Battalion, 142nd Infantry Regiment "Longhorns," a National Guard unit headquartered out of Lubbock, Texas, participated in the tournament during its two-week stay at the predominantly redeployment camp.

"This is a great distraction from just moving around," said Jarred Minefee, Longhorns quarterback. Minefee was a .50-cal. gunner for his unit whose mission was to support relay points along route Main Supply Route - Tampa and to shadow convoys from the

BIAP and Camp Anaconda in Iraq.

While teams waited to play, they could eat hot dogs and have cold drinks as the Victory MWR also held a cookout on the final day of the tournament.

"This gives us a little taste of home,"

Jones said, whose unit is going through the final clearing stages before returning to the United States.

"The flag football tournaments are a very popular event," said Sgt. 1st Class Sam Ferris, MWR noncommissioned officer in charge.

The Victory MWR has an extensive schedule filled with sporting events and activities for redeploying troops to participate in every day.

"This helps Soldiers get away from the reality of the missions up north," Ferris said.

"If I can see one servicemember smile, then we have accomplished our mission," he said.

There will be more hard-nose, backyard flag football tournaments to come in the future with a whole new set of teams playing head-to-head for their chance to go leave Victory champions.



# 386th Air Wing flies 1-millionth customer

**Air Force Tech. Sgt. Mark Getsy**  
386th Air Expeditionary Wing PAO

The 386th Expeditionary Air Wing lived up to its motto of "Boots on the Ground" when it transported its one-millionth passenger in November.

The wing reached this historic milestone when it transported 10 Army Soldiers to their final destination within the area of responsibility in support of Operation Iraqi Freedom.

"The more convoys we can keep off the road, the safer we make it for our Soldiers," said Col. Timothy Hale, 386th Air Expeditionary Wing commander. "That's a million people who didn't have to get on a truck or a bus and drive up the most dangerous highway in the world."

Besides passengers, the wing is also putting up record-breaking

numbers when it comes to cargo, according to Lt. Col. Pollyanna Montgomery, 737th Expeditionary Airlift Squadron commander.

Since October 2003, airlift has delivered more than 75,000 tons of cargo to destinations throughout the AOR.

She said the difference of using airlift compared to ground transportation to get the troops and cargo to their destination is like night and day.

"To transport more than one million passengers, it would have taken more than 22,300 45-pax buses traveling into potential dangerous areas," the colonel said.

He added, "To transport the same amount of cargo, it would have taken more than 10,000 trucks conveying their way throughout Iraq."

"Our airlift mission is one of



Air Force Master Sgt. Al Gerloff

**The 386th Air Expeditionary Wing in Kuwait has airlifted more than 1 million passengers since October 2003.**

the best in the Air Force," Hale said. "Every Airman in the wing should be proud of the accomplishments we've made throughout the years. We're here to put boots on the ground, and that's just what we're doing!"

The wing's airlift mission is to provide the combined forces air component commander with intra-theater combat airlift, conduct airbase operations and the-

ater casualty evacuation. It's also responsible for executing combat support in the U.S. Central Command AOR.

The first C-130 flight from the base supporting Operation Iraqi Freedom dates back to October 2003. At that time, the number of passengers monthly ranged between 25,000 to 30,000.

Today, the monthly amount of passengers has nearly doubled.

*Starting from the ground up*

## National Guard unit fulfills mission

**Spc. Michael R. Noggle**  
CFLCC PAO/11th PAD

After leaving their mark as the garrison command at Camp Adder, Iraq, Soldiers from 1st Battalion, 172nd Field Artillery Rear Area Operations Center returned home last week.

Without the benefit of training with a departing command, the unit from New Hampshire fell on Base Camp Adder and assumed responsibility for the management of all base camp operations and base support operations.

During preparation for deployment, the unit knew it wasn't going to Iraq for a field artillery mission, and had to adjust fire.

"We weren't going to be firing cannons ... so we did the best we could to prepare," said Col. David Mercieri, 1/172nd FA commander. "We looked at what an area support group does ...

and went from there."

Mercieri and his hand-picked unit of 27 individuals were able to establish an area support group at Adder that fielded three brigade-size units, a U.S. Air Force Expeditionary Group and six coalition partners.

"There wasn't a base master plan when we arrived," Mercieri said. "So it was our mission to develop a plan and carry it out."

The master plan included new living areas, motor pools, dining facilities and security for those working inside and outside the camp.

"My number one focus was force protection," Mercieri said. "My second focus was life support and morale for the troops on the installation."

With a small budget to work with, the unit gathered more than 4,000 concrete barriers and laid 30,000 feet of steel cable around the perimeter of Base Camp

Adder.

"We worked with what we had," said Capt. Davis Ulricson, anti-terrorism/force protection officer. "We went to other camps and used whatever excess barriers they had in order to protect the troops here."

According to Mercieri, the leadership made it a top priority and executed a \$2.6 million force protection plan that resulted in effective force protection for such mass gathering facilities as the dining facility, Base Exchange and four living areas that housed more than 4,000 personnel.

Along with the camp base defense, the battalion also enforced and carried out the laws at Adder. They established a quick-reaction force, had four roaming guard teams on patrol at all times and had an Air Force Law and Order detachment guarding the outside perimeter.

"We were quite successful in our operations," said Sgt. 1st Class Lore Ford, military police liaison officer. "The on-post crime and accident rates had dropped from the year before."

With the security of the base at hand, Mercieri also focused on recreational activities to boost the morale of his troops and everyone else on camp.

Adder was home to the first Boston-Talil Marathon that showed the start of the race live over the major networks covering the official Boston Marathon April 18.

"The race was a huge success," Mercieri said. "We had more than 400 participants and had awards for everyone."

"I had to keep stressing to my troops that this deployment would be a marathon and not a sprint, so don't burn yourselves out," Mercieri said. "They wanted to achieve, and they did."

# Survivor benefits, in line of duty determinations

**Maj. Dion Lyons**

**CFLCC OSJA**

There seems to be a cloud of mystery surrounding what happens in the unfortunate event of a Soldier's death. It is an area that is so unpleasant and uncomfortable that most people don't want to explore it.

However, death and injury do happen. This article will arm you with the best available weapon against fear and anxiety: factual information. So many things happen when a Soldier dies on active duty that it would take a book to make sense of them all. This article will explain the impact of one critical procedure: the line-of-duty determination and its effect on survivor benefits.

Surviving family members of Soldiers who die while on active duty are entitled to several survivor benefits, to include Dependency and Indemnity Compensation, the Survivor Benefit Plan, Servicemember's Group Life Insurance, Dependents Educational Assistance, social security benefits and a death gratuity, to name a few. Each of these benefits, and several others not mentioned here, deserve to be explained separately. The important point is that they are all benefits

Soldiers have earned, but they can be forfeited under certain circumstances. If a Soldier's death is determined "not in the line of duty" as the result of a line-of-duty investigation, the Soldier's family will lose many of these benefits. Here is a brief explanation of how the line-of-duty determination affects some of those benefits.

Whenever a Soldier dies from an injury, disease or medical condition while on active duty, it is assumed to have occurred "in the line of duty." However, if the Soldier was absent without leave, or if circumstances indicate that the Soldier may have been at fault, the command has to investigate. The process is called a line-of-duty investigation, and its purpose is to determine whether or not the Soldier's injury or death occurred within the scope of his duties in the U.S. Army.

First, the investigation will focus on whether the Soldier was accounted for by his unit, or if he was AWOL. If the Soldier was accounted for, then the Army continues to assume that the injury occurred in the line of duty. The Soldier's immediate commander makes the determination.

After that determination is made, the investigation shifts focus to look at the Soldier's

behavior. The investigator will determine if the Soldier's injury, disease, medical condition, or death was caused by the Soldier's misconduct or willful negligence. If the investigation reveals enough evidence of misconduct or willful negligence, the presumption of in the line of duty will be overcome, and the investigation may find the Soldier "not in the line of duty."

Intoxication is an issue that investigators will scrutinize. Soldiers who become intoxicated are still held to the same standards for negligence, good judgment, responsibility, and the duty to abide by the law. For example, if a Soldier dies from injuries incurred in a motor vehicle accident caused by the Soldier's willful intoxication, the Soldier's death is generally not in the line of duty. If a Soldier's death is not in the line of duty, the Soldier's family will likely lose the following benefits:

DIC is a monthly financial benefit payable to family members of any Soldier who dies while on active duty, or due to service-connected causes after leaving active duty. To claim this benefit, a Soldier must not have died due to his own willful misconduct. Monthly DIC payments for surviving spouses are \$967, plus \$205 per child.

SBP also provides substantial payments (55 percent of base pay) for surviving family members of Soldiers who die in the line of duty while on active duty. These payments, however, are offset by the amount of DIC payments received.

SGLI will pay up to \$250,000 to the Soldier's designated beneficiary if the Soldier dies while on active duty, or within 120 days of leaving active duty. While the cause of death is irrelevant to SGLI coverage, payments are not made if the Soldier dies while on extended AWOL or while the Soldier is serving a term of confinement.

DEA is available to the surviving spouse and children of a Soldier who dies while on active duty, or due to service-connected causes after leaving active duty. This benefit is only available to surviving family members of Soldiers whose deaths are not due to the Soldiers' willful misconduct. Full-time students receive \$803 in DEA payments per month.

This is a lot of information, but it is important for Soldiers to know how their behavior could affect their family after their death. For more information, contact the Office of the Staff Judge Advocate at DSN 430-6302/2141.

## 'Fit or Fat'



**NAME:** Maj. Amanda Azubuike

**UNIT:** CFLCC PAO

**AGE:** 35

**FIT OR FAT:** Fit

### Favorite workout

- ♦ Run six miles a day five days.
- ♦ Cardiovascular workout consists of elliptical machine, jump rope and stationary bicycle between five and six days a week.
- ♦ For muscular strength and conditioning, light weights and more repetitions on bicep curls, dips, elevated push-ups, pull-ups, and lower-body lunges five days a week.

- ♦ Stay with consistent abdominal workout, work lower, upper and sides to maintain tight abs.

"I'm not trying to get any bigger or bulky; I want to maintain lean body mass."

### Eating right

- ♦ Never takes performance enhancers. Takes vitamins and a healthy variety of food.
- ♦ Stays away from red meats; eat more of the poultry-type foods.
- ♦ Eats healthy organic foods. "I am conscience of what I eat. I try to eat only good food."





# Community

## happenings for Dec. 7 through Dec. 14

### Arifjan

#### Wednesday

Holiday pictures with Santa, 7 p.m., Zone 6 Community Center  
Craft Day wood carving, 7 p.m., Zone 1 Community Center  
Flag football league, through Dec. 24, Zone 1 soccer field

#### Thursday

Ballroom dancing, 8 p.m., Zone 1 Community Center  
Country Music Night, 7 p.m., Zone 1 Community Center

#### Friday

Craft Day wood carving, 7 p.m., Zone 6 Community Center  
Boxing class, 8 p.m., Zone 6 Fitness Center  
Salsa Night, 7 p.m., Zone 1 Community Center  
Commissioning Sources Information briefing, 3 p.m., Zone 1 chapel. RSVP at 430-5073.

#### Saturday

Texas Holdem poker tournament, 7 p.m., Zone 6 Community Center  
X-Box Madden 2006 tournament, 7 p.m., Zone 1 Community Center  
Boxing class, 7 p.m., Zone 6 Fitness Center  
Salsa Night, 7 p.m., Zone 1 food court  
Country Music Night, 7 p.m., Zone 6 stage

#### Sunday

Christmas movie marathon, 10 a.m., Zone 1 Community Center  
NFL Games, 8 p.m., Zone 1 and 6 Community Centers  
Salsa Night, 7 p.m., Zone 6 stage

#### Monday

Karaoke Night, 7 p.m., Zone 1 Community Center  
Bingo Night, 7 p.m., Zone 6 Community Center

#### Tuesday

Christmas e-cards and caroling contest, 7 p.m., Zone 1 Community Center  
Karaoke Night, 7 p.m., Zone 1 Community Center  
Ballroom dancing, 8 p.m., Zone 1 Community Center

#### Wednesday

Christmas concert, 7 p.m., Zone 1 chapel  
Pingpong tournament, 7 p.m., Zone 1 Community Center  
Country Music Night, 7 p.m., Zone 6 stage

**For more information call**

**430-1205/1302**

### Buehring

#### Thursday

Tae-Kwon-Do Class, 7 p.m., MWR Tent 1

#### Friday

USO show, The Show Band, 7 p.m., MWR stage

#### Saturday

Bazaar, 10 a.m., Tent 1  
Tae-Kwon-Do Class, 7 p.m., gym

#### Sunday

Bazaar, 10a.m., Tent 1  
Salsa Night, 9 p.m., Tent 1

#### Tuesday

Tae-Kwon-Do Class, 7 p.m., MWR Tent 1

**For more information call**

**828-1340**

### Kuwait Naval Base

#### Wednesday

Spades, 7 p.m.

#### Friday

Bingo, 7 p.m., Fitness Center bench area

#### Saturday

Foosball, 1 p.m.

#### Wednesday

Chess, 7 p.m.

**For more information call**

**839-1063**

### Navistar

#### Wednesday

Foosball tournament, 8 a.m., MWR tent  
Spades tournament, 8 a.m., MWR tent

#### Thursday

Foosball tournament, 8 a.m., MWR tent  
Spades tournament, 8 a.m., MWR tent

#### Friday

Foosball tournament, 8 a.m., MWR tent  
Spades tournament, 8 a.m., MWR tent

#### Monday

Pool tournament, 8 a.m., MWR tent  
Power Lifting competition, 8 a.m., Gym

#### Tuesday

Pool tournament, 8 a.m., MWR tent  
Power Lifting competition, 8 a.m., Gym

#### Wednesday

Pool tournament, 8 a.m., MWR tent  
Power Lifting competition, 8 a.m., Gym

**For more information call**

**844-1137**

### Spearhead/SPOD

**For information call 825-1302**

### Victory

#### Wednesday

Magic Rock, all day  
Spa Day, 9 a.m. - 6 p.m., MWR dayroom

### Thursday

Aerobics, 5 a.m., MWR  
Madden 2006 tournament, 6 p.m., MWR dayroom

#### Friday

Dominoes championship, 3 p.m., MWR dayroom  
Movie night, The Cave, 6 p.m., MWR dayroom

#### Saturday

Aerobics, 5 a.m., MWR  
Guns of steel chin-up competition, 3 p.m., gym

#### Monday

Spa Day, 9 a.m. - 6 p.m., MWR dayroom  
Texaas Holdem tournament, 6 p.m., MWR dayroom

#### Tuesday

Aerobics, 5 a.m., MWR  
Spa Day, 9 a.m. - 6 p.m., MWR dayroom  
Wednesday  
Spa Day, 9 a.m. - 6 p.m., MWR dayroom  
Free-throw contest, 3 p.m., MWR courts

**For more information call**

**823-1033**

### Virginia

#### Wednesday

Bazaar, 10 a.m. - 7 p.m., Dusty Room  
Flag football, 6 p.m., softball field  
Country Night, 8 p.m., Dusty Room

#### Thursday

Pingpong tournament, 7 p.m., Community Center  
Pool tournament, 7 p.m., Sports Lounge  
Karaoke Night, 8 p.m., Dusty Room

#### Friday

Dominoes, 7 p.m., Community Center  
Flag football, 6 p.m., softball field  
Salsa Night, 8 p.m., Dusty Room

#### Saturday

Soccer tournament, 5 p.m., softball field  
Hip-hop Night, 8 p.m., Dusty Room

#### Sunday

Old School Jams, 8 p.m., Dusty Room

#### Monday

Flag football, 5 p.m., softball field

#### Tuesday

Unit Feud, 7 p.m., Dusty Room  
Pool tournament, 7 p.m., Sports Lounge  
Techno Night, 8 p.m., Dusty Room

#### Wednesday

Flag football, 6 p.m., softball field  
Checkers, 7 p.m.  
Country Night, 8 p.m., Dusty Room

**For more information call**

**832-1045**

# Navy sinks Army, 42-23

